



Grilled Shrimp Louis Salad

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 lb shrimp frozen thawed deveined uncooked peeled
- 1 teaspoon vegetable oil
- 0.1 teaspoon salt
- 4 cups the of 1 cos lettuce chopped
- 0.5 cup celery finely chopped
- 0.5 cup bell pepper red chopped
- 1 cup grape tomatoes cut in half
- 2 tablespoons mayonnaise reduced-fat

- 1 tablespoon yogurt plain
- 1 tablespoon fruit cocktail
- 0.5 teaspoon lemon zest grated
- 0.1 teaspoon salt
- 1 tablespoons skim milk fat-free (skim)

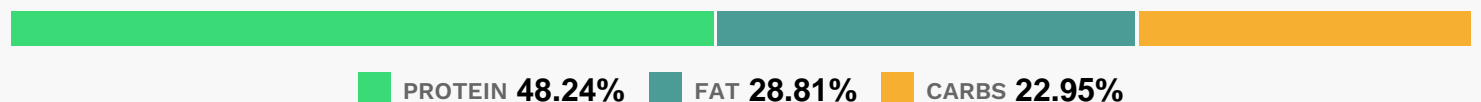
Equipment

- bowl
- grill
- skewers
- metal skewers

Directions

- Heat gas or charcoal grill. On each of two 12-inch metal skewers, thread shrimp, leaving 1/4-inch space between each shrimp.
- Brush with oil.
- Sprinkle with 1/8 teaspoon salt.
- Cover and grill kabobs over medium heat 4 to 6 minutes, turning once, until shrimp are pink and firm.
- Remove shrimp from skewers.
- On 2 serving plates, place lettuce. Top with celery, bell pepper, tomatoes and grilled shrimp.
- In small bowl, mix all dressing ingredients, adding enough milk for desired consistency. Spoon dressing onto centers of salads.

Nutrition Facts



Properties

Glycemic Index:104.63, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:24.035652196926%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 205.31kcal (10.27%), Fat: 6.86g (10.55%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 8.11g (2.95%), Sugar: 7.37g (8.19%), Cholesterol: 186.34mg (62.11%), Sodium: 582.49mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.68%), Vitamin A: 10138.28IU (202.77%), Vitamin K: 123.33µg (117.45%), Vitamin C: 63.26mg (76.68%), Folate: 166.94µg (41.73%), Phosphorus: 325mg (32.5%), Copper: 0.56mg (27.86%), Potassium: 892.17mg (25.49%), Magnesium: 71.12mg (17.78%), Manganese: 0.35mg (17.45%), Fiber: 4.18g (16.72%), Calcium: 147.89mg (14.79%), Zinc: 2.1mg (14%), Vitamin B6: 0.27mg (13.44%), Vitamin E: 1.72mg (11.44%), Iron: 1.97mg (10.92%), Vitamin B2: 0.15mg (8.77%), Vitamin B1: 0.13mg (8.7%), Vitamin B3: 1.23mg (6.15%), Vitamin B5: 0.46mg (4.6%), Selenium: 1.29µg (1.84%), Vitamin B12: 0.08µg (1.34%)